

## **Abstract**

### **Title**

Comparison of Czech and German literature of sport endurance.

### **Aims**

Comparison of Czech and German books of sport endurance and training possibilities of cross – country skiing endurance.

### **Methods**

We compiled pieces of knowledge of sport endurance by Czech and German authors. We used also our pieces of knowledge gained during studies on Faculty of Physical Education and Sport und during our own training.

### **Results**

The thesis describes mainly endurance in German literature, its differentiation and classification of training. We described physiology of the endurance, possibilities of improving of the endurance and heritage aspects of it. The main chapter is concerned to training methods.

### **Keywords**

Sports training, sport endurance